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FIG. 1

BIOAVAILABILITY OF Cr IN VITAMINS AND PLANTS

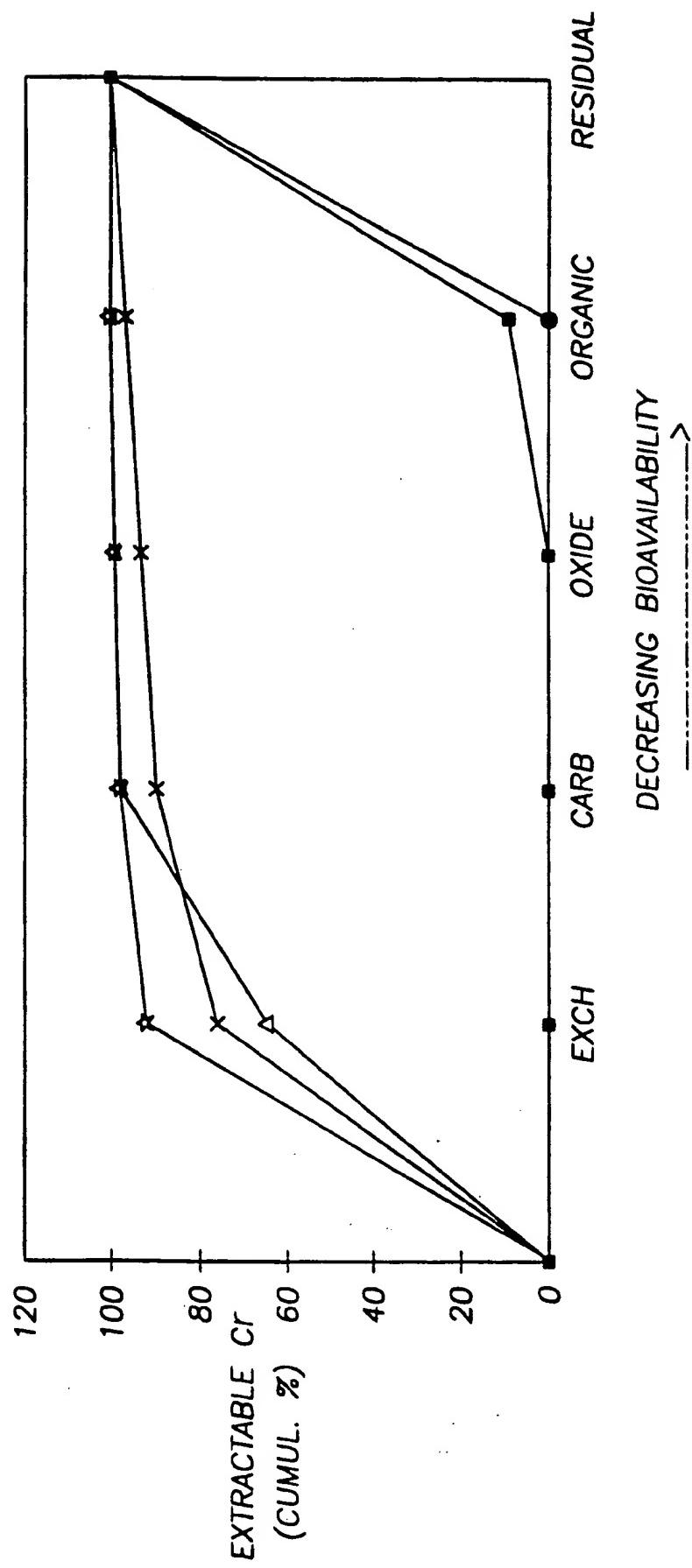


FIG. 2

BIOAVAILABILITY OF Zn IN VITAMINS AND PLANTS

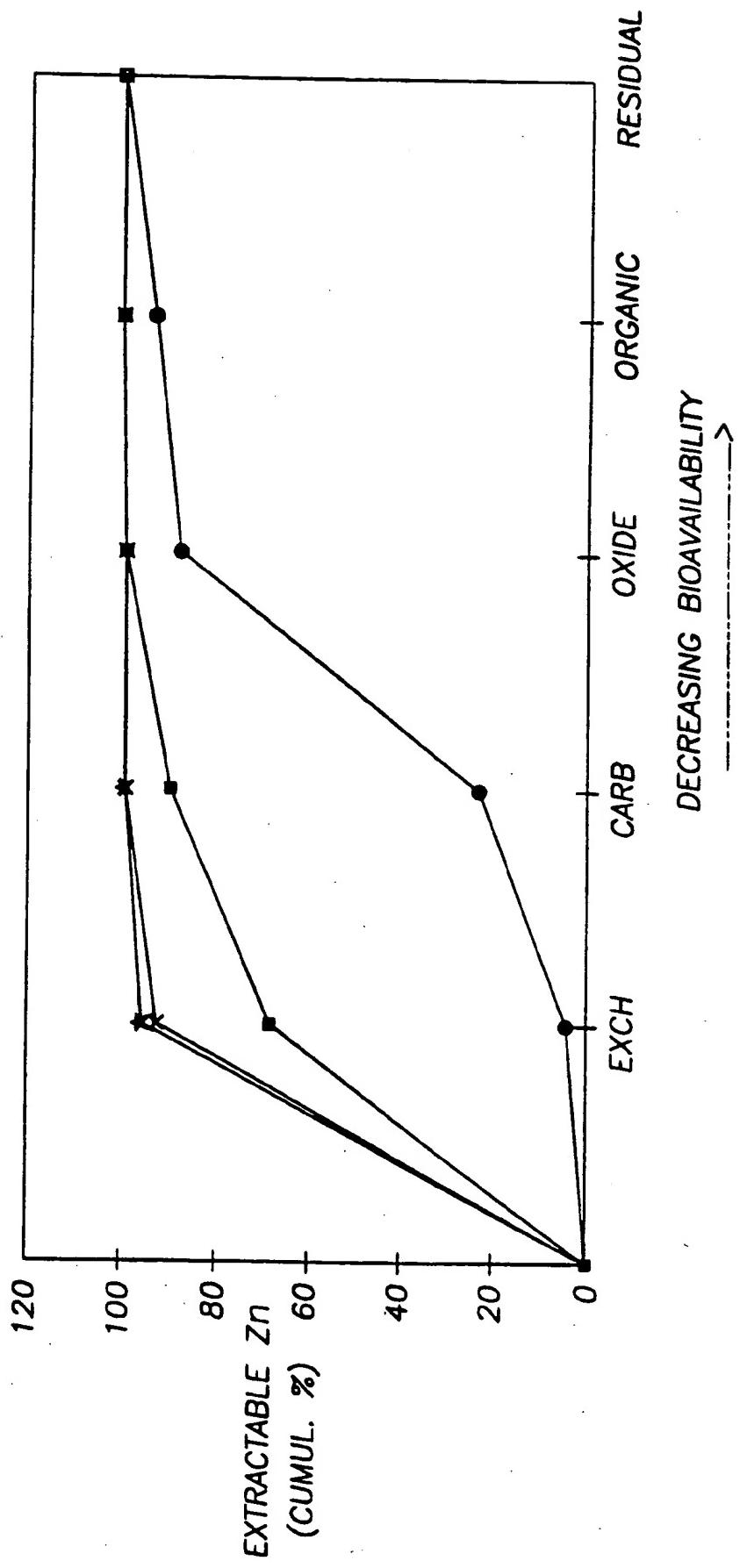
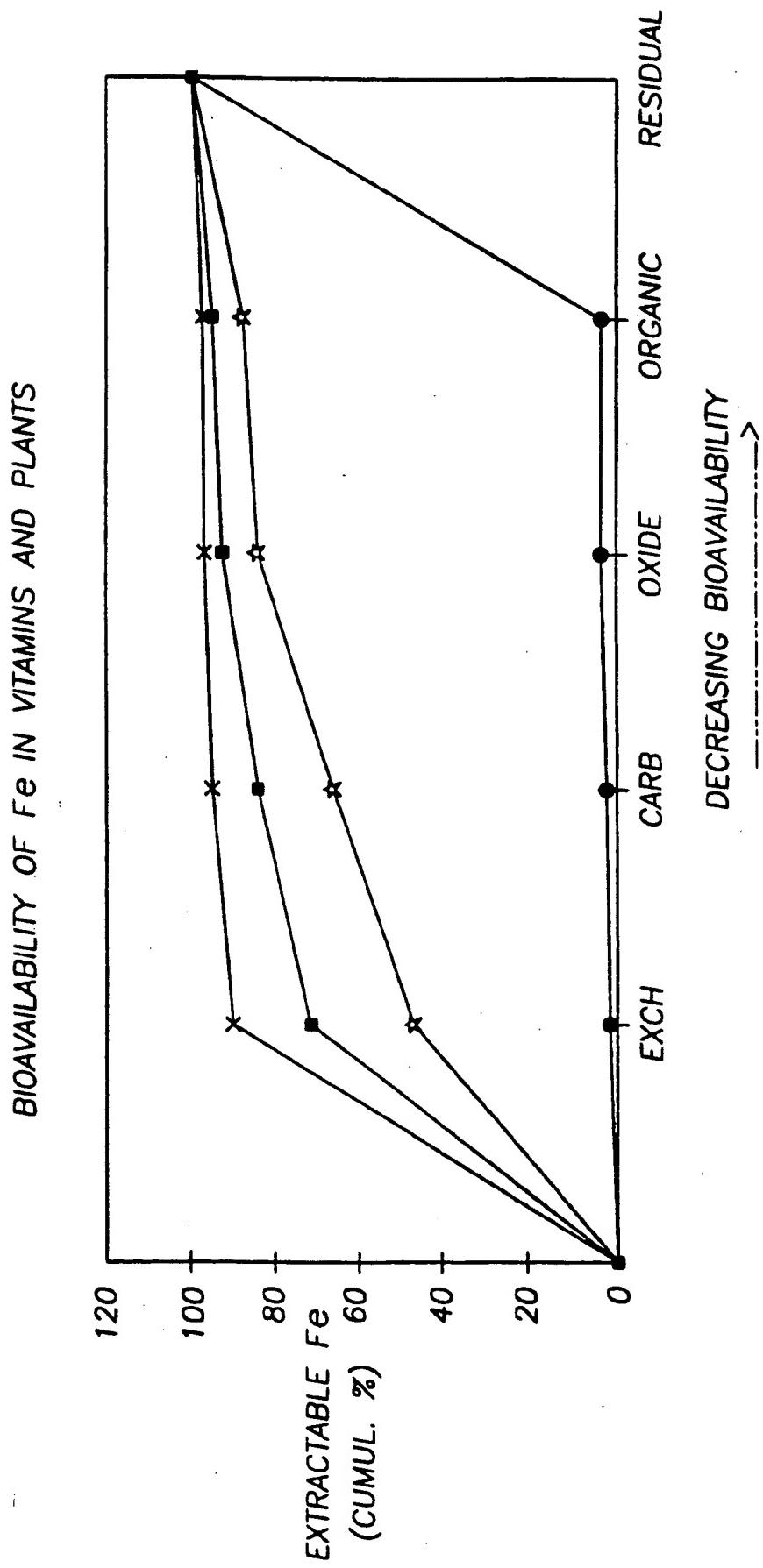


FIG. 3



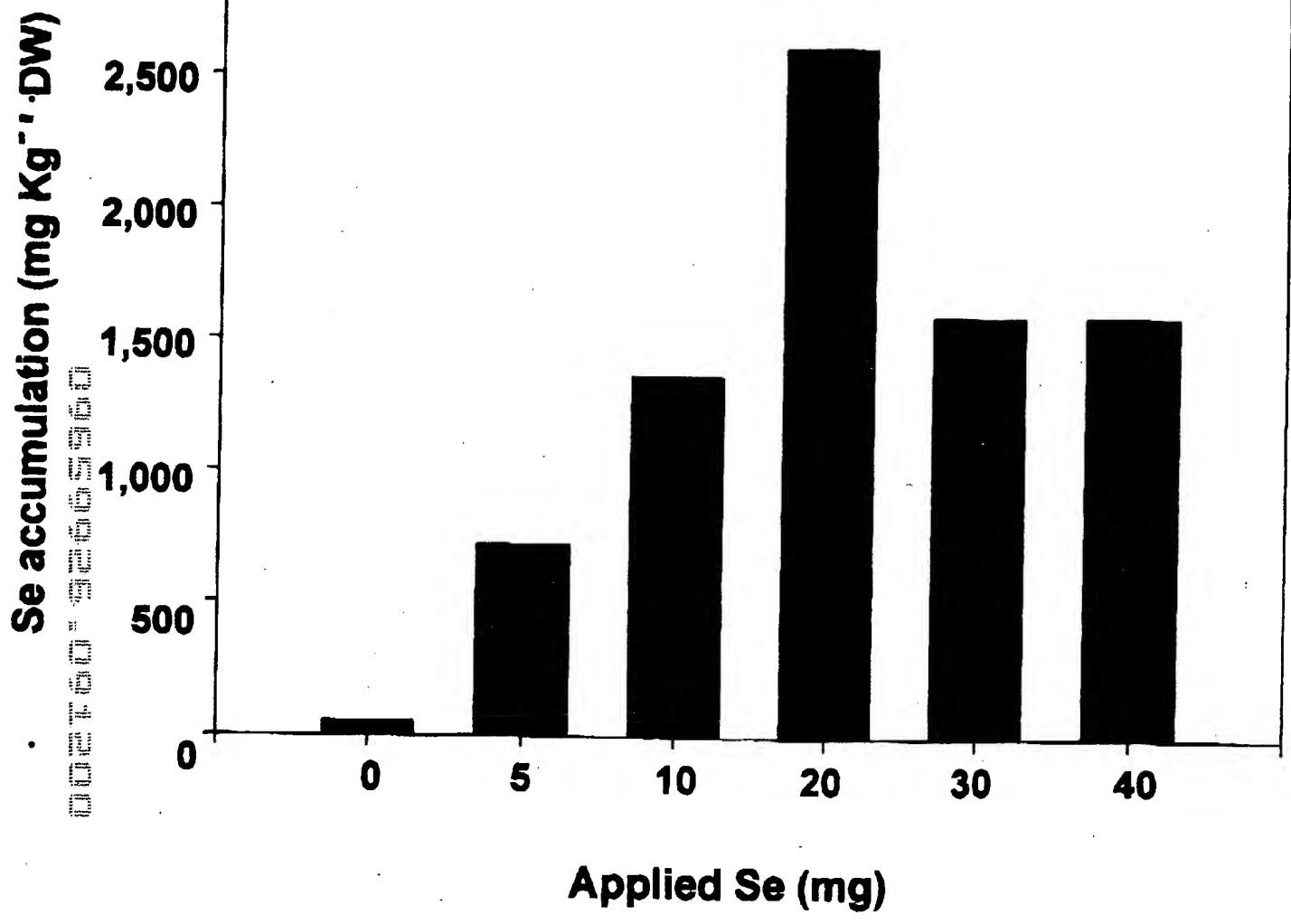


Figure 4

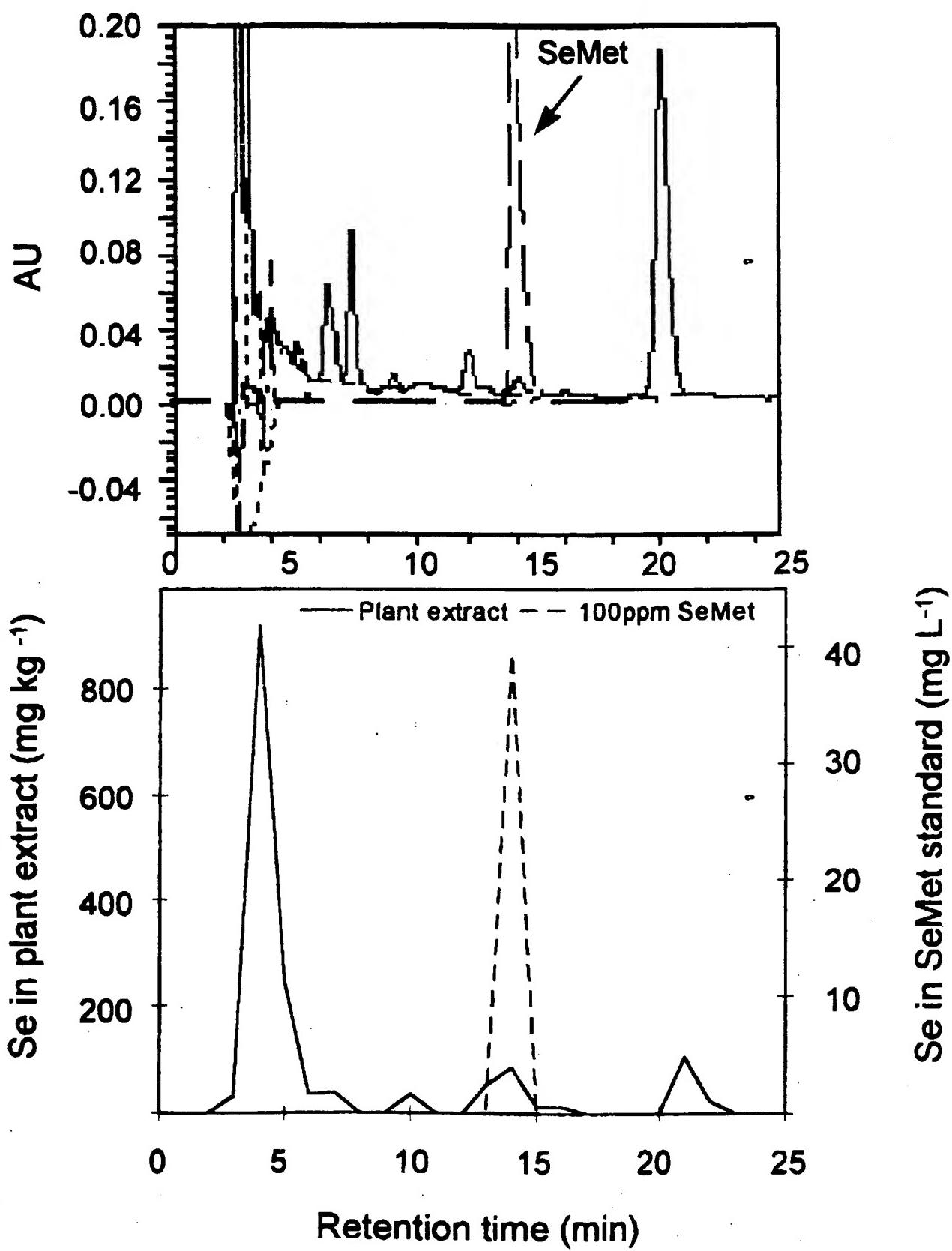


Figure 5

Distribution of Se (% of total)

100
80
60
40
20
0

Phyto Se Mineral supplement Se Yeast

Water Carbonate Oxide Organic Residual
soluble

Decreasing solubility →

Figure 6